

ADULT/MATURE ADULT ACTIVITIES

Co-Ed Volleyball League

241257-01

This league has open registration. A maximum of 12 players will be allowed on each team. **NOTE: All players must be 18 years of age or older.**

Dates: September 23 - November 11
Day: Thursday
Time: 7:00 PM - 9:00 PM
Ages: 18 years & up
Location: Krueger Park Gym
Min/Max: 4/6 teams
Fee: \$145 per team



Zumba Class

This is a "feel-good" workout like no other that is great for the body and mind. Our master instructor will guide you through a series of unique moves and combinations providing you with a dynamic interval style workout. No dance experience is necessary and all fitness levels are welcome.

Dates: September 22 - October 27 243219-01
November 10 - December 15 343319-01
Day: Wednesday
Time: 6:30 PM - 7:30 PM
Ages: 14 years & up
Location: Krueger Park Activity Room A & B
Min/Max: 6/24
Fee: \$51 R / \$56 NR

Monday Night Basketball

841875-03

Every player must show a picture ID with name, address, and age listed. **NOTE: Pay at the door each night.**

Dates: September 6 - December 13
Day: Monday
Time: 7:00 PM - 9:00 PM
Ages: 21 years & up
Location: Krueger Park Gym
Min/Max: 8/30
Fee: \$5 R / \$7 NR



Easy Does It

253207-01

This exercise class opens with a warm-up (8-10 minutes), which includes range of motion exercise and stretching to increase flexibility. This is followed by a 20-minute low impact "aerobic" segment to improve cardiovascular fitness. Class ends with toning, firming and more stretching. Classes are geared for seniors, and everyone is encouraged to go at his/her own pace. **NOTE: Hand weights will be available. No class October 19 & November 16.**

Open Gym - Basketball (Unscheduled)

Any open gym for basketball (not designated) will require a small fee to play. Call 708-599-7337 for availability. 18 years & older

Fee: \$4 R / \$6 NR

Dates: September 28 - November 30
Day: Tuesday
Time: 9:30 AM - 10:30 AM
Ages: 50 years & up
Location: Krueger Park Gym
Min/Max: 12/34
Fee: \$32 R / \$37 NR

YOGA

Hatha Yoga

Hatha Yoga is about finding a balance between the body, mind, and spirit. Hatha yoga uses body poses, breathing techniques and meditation in hopes of bringing flexibility, and manage stress. It is always advisable, especially if pregnant, to consult a physician before undertaking any physical activity. Bring your mat and water bottle.

Dates: Sept. 21 - Oct. 26 243220-01
Nov. 9 - Dec. 14 343320-01
Day: Tuesday
Time: 6:15 PM - 7:15 PM
Ages: 16 years & up
Instructor: Pam Lawrence
Location: Krueger Park Activity Room A & B
Min/Max: 8/14
Fee: \$49 R / \$54 NR

Chair Yoga

Chair Yoga is a unique yoga style that adapts yoga positions and poses through creative use of a chair. The chair replaces the mat and becomes an extension of the body. Bring a water bottle with you. Anyone can practice yoga regardless of age, experience, or level of flexibility - we can all benefit from yoga.

Dates: Session I: Aug. 30 - Oct. 11 251220-01
Session II: Oct. 25 - Nov. 29 251220-02
Day: Monday
Time: 5:15 PM - 6:15 PM
Ages: 50 years & up
Instructor: Pam Lawrence
Location: Krueger Park Activity Room A & B
Min/Max: 10/24
Fee: \$49 R / \$54 NR

MATURE ADULT ACTIVITIES

Dominoes

This is an easy game with simple rules, but the fun is limitless. Lunch will be served around noon. **NOTE: Fee includes coffee, soda, lunch, & prizes.**

Day & Date: **Friday, October 22** **256216-01**
Friday, November 5 **256216-02**
Time: 11:30 AM - 2:30 PM
Ages: 25 years & up
Location: Krueger Park Activity Rooms A & B
Min/Max: 20/35
Fee: \$10 R / \$12 NR

Progressive Rummy

Progressive Rummy is a very easy game to learn. Each hand has a different wild card. Register for this enjoyable day at Krueger Park. **NOTE: Fee includes coffee, soda, lunch, & prizes.**

Day & Date: **Friday, September 3** **256245-01**
Friday, October 15 **256245-02**
Time: 11:30 AM - 2:30 PM
Ages: 50 years & up
Location: Krueger Park Activity Rooms A & B
Min/Max: 20/35
Fee: \$10 R / \$12 NR

Pinochle

How about a game of Pinochle? Participants will teach you how to play the entertaining game of Pinochle. Once you learn, you'll be hooked forever. **NOTE: Fee includes pizza, refreshments, and prizes for each table winner.**

Day & Date: **Friday, October 8** **256202-01** **Location:** Krueger Park Activity Room C
Friday, November 19 **256202-02** **Min/Max:** 8/30
Time: 11:30 AM - 2:00 PM **Fee:** \$10 R / \$12 NR
Ages: 50 years & up